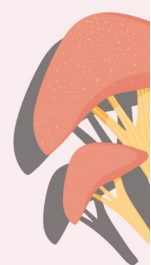




Meals on Wheels of San Diego County

Fresh Lunch Menu

July 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Beverage Choice: Milk, Soy Milk, Juice, or Bottled Water. <i>Menu Subject to Change</i>	1 Club Sandwich on Croissant* <i>*Turkey Breast, Ham, Bacon, Cheddar, Swiss, Lettuce, Tomato, Mayo, and Honey Mustard</i> Beet Salad Fruit	2 Mediterranean Chicken Quinoa Bowl* <i>*Chicken, Cilantro Lime Quinoa, Arugula, Grape Tomatoes, Kalamata Olives, Cucumbers, Hummus, Tahini Dressing, Feta, and Greek Yogurt</i> Fruit	3 Italian Sandwich* <i>*Ham, Salami, Pepperoni, Provolone, Lettuce, Tomato, Onion, Mayo, and Creole Mustard on Italian Roll</i> Lemon Dijon Carrot Salad Fruit	4 Turkey Breast & Muenster on Pumpernickel Bread Lettuce/Tomato/Onion Mandarin Beets w/Citrus Dressing Fruit	5 Steak Taco Salad* <i>*Beef Strips & Beef, Black Beans, Cheddar Cheese, Tomato, Romaine Lettuce, Taco Sauce, and Sour Cream</i> Whole Grain Tortilla Chips Fruit	6 Pork & Pineapple Farro Bowl* <i>*Pork Loin, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, Avocado, and Vinaigrette</i> Fruit
7 Creole Seafood Salad on Croissant Citrus Carrot Salad Fruit	8 Cranberry Pecan Turkey Salad on Garlic & Heb Tortilla Wrap Tuscany Vegetable Salad Fruit	9 Asian Chicken Salad with Balsamic Vinegarette Black Bean & Rice Salad Harvest Muffin Fruit Fortune Cookie	10 Chicken Salad with Grapes on Croissant Black-eyed Pea Salad Fruit	11 Deviled Egg Salad on Whole Wheat Bread Cucumbers w/Creole Dressing Fruit	12 French Bistro Turkey Salad Venetian Pasta Salad Whole Grain Breadstick Fruit	13 Pesto Chicken on Ciabatta Roll Lettuce/Tomato/Onion Mandarin Beets w/Citrus Dressing Fruit
14 Lemon Pepper Tuna Salad Whole Wheat Pita Bread Three Bean Salad Fruit	15 Harvest Chicken Bowl* <i>*Grilled Garlic-Herb Chicken, Seasoned Grilled Butternut Squash, Brown Rice, Kale Salad, and a Sweet Honey-Dijon Sauce</i> Fruit	16 Roast Beef & Swiss on Brioche Roll Lettuce/Tomato/Onion Lemon Dijon Carrot Salad Fruit	17 Krab Mac Salad Italian Cucumber Salad Blueberry Muffin Fruit	18 Turkey Breast & American Cheese on Kaiser Roll Lettuce/Tomato/Onion Copper Pennies Fruit	19 Pesto Chicken Breast on Croissant Potato Salad Fruit	20 Cobb Salad with Ranch Dressing Chick Pea Salad Whole Grain Blueberry Muffin Fruit
21 Corned Beef & Swiss on Rye Bread Lettuce/Tomato/Onion Coleslaw Fruit	22 Greek Chicken Salad with Dressing Naan Bread Dippers Pasta Salad Fruit	23 Hummus Wrap* <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Pita Bread</i> Apple Slaw Fruit	24 Jerk Chicken Bowl* <i>*Jerk Chicken, Mango Salsa, Coconut Rice, and Broccoli</i> Fruit	25 Reuben Sandwich on Rye Bread* <i>*Corned Beef, Sauerkraut, Swiss, and Thousand Island Dressing</i> Copper Pennies Fruit	26 Salmon Caesar Salad with Caesar Dressing Mediterranean Lentil Salad Garlic Bread Fruit	27 Turkey Breast & Provolone on Sun-Dried Tomato Basil Tortilla Lettuce/Tomato/Onion Three Bean Salad Fruit
28 Roast Beef & Cheddar on Pumpernickel Bread Lettuce/Tomato/Onion Black-eyed Pea Salad Fruit	29 Chicken Caesar Wrap Italian Cucumber Salad Fruit	30 Chef Salad with Ranch Dressing Honey Lime Corn Salad Whole Grain Breadstick Fruit	31 Black & Bleu Salad with Bleu Cheese Dressing Venetian Pasta Salad Whole Wheat Roll Fruit			